

# Food Group Funny Face

**Makes:** 1 serving

Let your kids create their own funny face using ingredients from all five MyPlate food groups.

## Ingredients

- 1 tablespoon** peanut butter
- 1** graham cracker (large, or use whole grain or saltine crackers)
- 1 tablespoon** cheddar cheese (shredded)
- 3 tablespoons** raisins
- 2** peas (large green)
- 1/2** grape (cut in half)

## Directions

1. Spread peanut butter on a cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place raisins on cracker for mouth.
4. Use peas for eyes and 1/2 grape for nose.

## Notes





This snack is intended for children over age two. Do not serve to younger children who may choke.

Kansas Family Nutrition Program, Kids a Cookin'

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>190</b>
<b>Total Fat</b>	<b>12 g</b>
Saturated Fat	3 g
Cholesterol	7 mg
<b>Sodium</b>	<b>203 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	1 g
Total Sugars	8 g
Added Sugars included	5 g
<b>Protein</b>	<b>7 g</b>
Vitamin D	0 IU
Calcium	63 mg
Iron	1 mg
Potassium	151 mg
N/A - data is not available	

### MyPlate Food Groups

	Fruits	1/4 cup
	Grains	1/2 ounce
	Protein Foods	1 ounce
	Dairy	1/4 cup